

# Guidelines for Cooking Meat and Poultry

## Thawing Frozen Products:

Never defrost food at room temperature. Put wrapped product in refrigerator and thaw completely. This process takes several hours. Or the item may be thawed in a watertight package under cold running water. For quicker thawing, use the microwave. Cook promptly after thawing.

## Cooking Frozen Products:

Allow more time to cook. Example: If a fresh or thawed roast needs 2 hours to cook, a frozen roast the same size may need as long as 8 hours.

## Cooking Leftovers, Pork, Poultry, Ground Meat:

Heat all the way through. If a thermometer is not available, ground beef should not be pink inside. If using a microwave, make sure no cold spots remain.

## Using a Meat Thermometer:

Insert thermometer into the thickest part of meat—not in fat or touching bone. For turkeys, insert thermometer into the thick part of the thigh next to body of bird.

### COOK TO TEMPERATURES SHOWN

*(Thermometer Inserted Into Meat)*

**FRESH GROUND BEEF** ..... 160° F

#### **FRESH BEEF CUTS (Roasts, Steaks)**

Rare ..... 145° F

Medium ..... 160° F

Well Done ..... 170° F

**FRESH VEAL** ..... 170° F

#### **FRESH LAMB**

Medium ..... 170° F

Well Done ..... 180° F

**FRESH PORK** ..... 170° F

#### **CURED PORK**

Ham, Raw (Cook before eating) ..... 160° F

Ham, Fully cooked, (To warm) ..... 140° F

Shoulder (Cook before eating) ..... 170° F

Canadian Bacon (Cook before eating) ..... 160° F

#### **POULTRY**

Turkey ..... 180°-185° F

Boneless Turkey Roasts ..... 170°-175° F

Stuffing (Inside or outside the bird) ..... 165° F



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